

Post-Operative Instructions Patella Fracture ORIF

Day of surgery

- A. Diet as tolerated
- **B.** Icing is important for the first 5-7 days post-op. While the post-op dressing is in place, icing should be done continuously. Once the dressing is removed on the third post-operative day, ice is applied for 20-minute periods 3-4 times per day. Care must be taken with icing to avoid frostbite. Alternatively, Cryocuff or Game-ready ice cuff can be used as per instructions.
- **C.** Pain medication as needed every 4-6 hours (refer to pain medication sheet).
- **D.** Make sure you have a physical therapy post-op appointment scheduled during the first week after surgery.

First Post-Operative Day

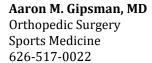
- **A.** Continue icing
- B. Pain medication as needed.
- **C.** If you have been assigned a Continuous Passive Motion (CPM) machine, it should be started during the first week after your surgery. This machine will be set at 30 degrees. The machine should be used 6 hours per day (2 hours in the morning, 2 hours in the afternoon, and 2 hours in the evening). You will use this machine for 1 month after surgery. Do not wear leg brace or cooling device while using CPM machine.

Second Post-Operative Day Until Return Visit

- **A.** Continue icing
- **B.** Unless otherwise noted, weight-bearing as tolerated with brace locked in full extension (locked completely straight). You may unlock the brace to perform range of motion exercises only as directed by your surgeon during physical therapy.
- **C.** Call our office @ 626-517-0022 to confirm your first postoperative visit, which is usually about 1-2 weeks after surgery. If you are experiencing any problems, please call our office or contact us via the internet at pasadenaorthopedics.com.

Third Post-Operative Day

A. You may remove the surgical bandage and shower. You must keep your leg straight at all times. DO NOT bend the knee. You may allow soap and water to run over the incision, but DO NOT scrub it. Pat it dry gently afterwards and apply a clean dry dressing to it. DO NOT submerge the wound in water (no baths).





Post-Operative Rehabilitation Protocol: Patella Fracture ORIF

Name:	Date:
Diagnosis:	Date of Surgery:
Phase I: 0-2 Weeks	
Knee Brace: Worn at all times – locked in extension at all times.	nes except when directed during physical
therapy.	
 Weightbearing: WBAT with the knee locked in extension 	
• Range of Motion: AROM/AAROM/PROM 0-30 degrees	
 Therapeutic Exercises: Isometric quadriceps/hamstring/ad theraband exercises 	lductor/abductor strengthening, Ankle
Phase II: 2-6 Weeks	
Knee Brace: Worn with weightbearing activities still locked	l in full extension.
 Weightbearing:Range of Motion: AROM/AAROM/PROM – 90 degrees by post-op week 6 	add 15 degrees of flexion each week – Goal is
 Therapeutic Exercises: Isometric quadriceps/hamstring/actheraband exercises, Initiate straight leg raises 	dductor/abductor strengthening, Ankle
Phase III: 6-10 Weeks	
• Knee Brace: Unlocked 0-45 degrees for week 6-7, and 0-60 degrees week 7-8, unlocked weeks 8-10.	
Weightbearing: Full	
Range of Motion: AROM/AAROM/PROM – progress to full l The properties of the progress of	
 Therapeutic Exercises: Isometric quadriceps/hamstring/a theraband exercises, Initiate straight leg raises 	adductor/abductor strengthening, Ankie
Phase IV: 10-12 Weeks	
Knee Brace: Discontinue	
Weightbearing: Full	
• Range of Motion: Full	
 Therapeutic Exercises: Isometric quadriceps/hamstring/a 	
theraband exercises, Initiate straight leg raises, Start station	nary bicycle
Phase V: 3-6 Months	
Return to full activities as tolerated	
Comments:	
Frequency: times per week	Duration: weeks
Signature:	
	Date:

Pasadena Orthopedics